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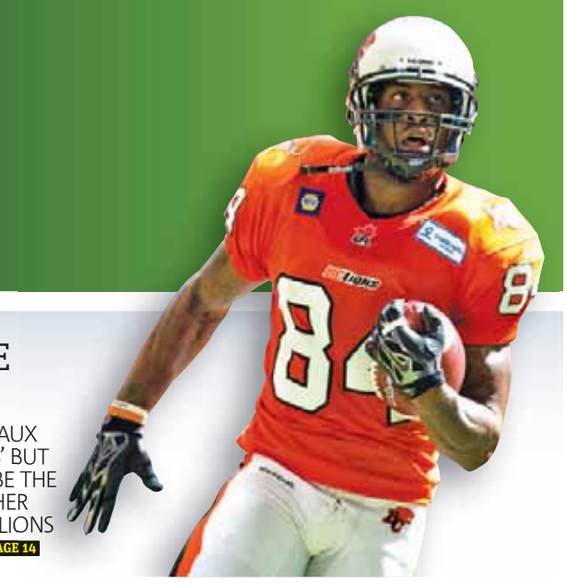

Separatists take control of crash site

Bodies recovered from downed Malaysian flight moved away by rebels PAGE 4

Money maven double-date is paying off

Six months into challenge, two couples collectively up net worth by $50K PAGE 16

Who's your Papa? 130 say, 'Me'

Winner of the Ernest Hemingway contest crowned in Florida PAGE 6

LIKE NO ONE EVER WAS

EMMANUEL ARCENEAUX SAYS HE'S NOT 'JESUS' BUT HE STILL WANTS TO BE THE VERY BEST — WHETHER THAT'S AMONG THE LIONS OR IN THE LEAGUE PAGE 14

DEATH TAINTS FESTIVAL REVIVAL

Trent Reznor's Nine Inch Nails performs on the main stage at the Pemberton Music Festival on Friday night. After a six-year hiatus, the music festival returned to Pemberton with new management and headliners that included Outkast, Deadmau5 and Soundgarden. The festival was shaken Friday when a 21-year-old Regina man was found dead in his tent. Story, page 3. JENNIFER GAUTHIER/METRO

Mayor sends out letter on railway fight

Arbutus corridor. Robertson says railway not keen on offers to save community spaces

MATT KIELTYKA
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Mayor Gregor Robertson has sent a letter to Arbutus corridor residents as the city and Canadian Pacific Railway (CPR) continue to quibble publicly over the land.

The railway sent residents a letter in June, demanding that community gardens and other public amenities be removed from the inactive railroad tracks by July 31.

CPR has said it intends once again to run trains down the corridor, for the first time since it began to discontinue rail operations on it in 1999.

On Sunday, the mayor's office publicly released the contents of a letter sent to residents:

"I strongly believe that the Arbutus corridor should remain as it is today — an enjoyable route for people to walk, run and bike along, as well as a home to the many community gardens that contributed to our neighbourhoods," Robertson writes. "I wrote on behalf of the city in June to the CEO of CPR to express our opposition and asked them to respect the wishes of the local neighbours along the route. To date, we have not received a response."

Despite CPR's claim that it intends to resume operations, spokesman Ed Greenberg told Metro previously that the railway is still open to negotiations.

In his letter, Robertson says the city is "prepared to pay fair market value" but adds "CPR has not been receptive."

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Downtown Eastside

Campers refuse to leave park despite eviction notice

Around 30 homeless people and First Nations activists, who have set up residence in Downtown Eastside's Oppenheimer Park, are refusing to leave despite an eviction notice from the city.

Campers, who have occupied the park in protest to bring attention to homelessness, said they expected police to start moving them out of the park on Sunday, but as of press time police had yet to show up.

In an emailed statement, Vancouver police Sgt. Randy Fincham recognized the public's right to lawfully protest and said police have not been asked to intervene.

"People are being moved along again. (Mayor) Gregor Robertson says he's going to end homelessness. How's he going to do that by handing out eviction notices?" said Audrey Sxotemtona:t Siegl.

Siegl says the standoff revolves around Robertson's declaration that the city occupies unceded First Nations' land. As such, Siegl argues that residents can't be evicted.

The park is scheduled to be used in next weekend's Powell Street Festival from Aug. 1 to 3. Festival organizers confirmed they had been in touch with protest organizers and the tents would not be disturbed during the celebration.

Vancouver city council approved a $1 billion plan back in March to create 4,400 new social housing units within the Downtown Eastside, another 3,350 across the city.

NICK WELLS/FOR METRO

Pemberton Music Festival: success marred by tragedy

'Suspicious' death. Rocker Matthew Good dedicated his performance to 21-year-old Nick Phongsavath

THANDI FLETCHER
thandi.fletcher@metronews.ca

Vancouver rocker Matthew Good dedicated his Pemberton Music Festival performance Sunday to the victim of a suspicious death on the festival grounds. JENNIFER GAUTHIER/METRO

Six years after the logistical nightmare that was the first Pemberton Music Festival in 2008, the music extravaganza made its mighty return this weekend.

With new organizers — who invested millions into building better infrastructure for the small village at the base of Mt. Currie to be able to accommodate the daily influx of about 20,000 attendees — hopes were high the event's second coming would be a success.

On Friday, the first full day of the festival, it appeared promoter New Orleans-based HUKA Entertainment had their act together, as the 2008 event's dust, traffic and port-a-potty problems were a forgotten memory for many.

But that early victory was quickly tarnished Friday evening with the suspicious death of concertgoer Nick Phongsavath, 21, of Regina, in one of the festival's campgrounds.

Vancouver rocker Matthew Good, who performed Sunday, dedicated his performance to the victim on Twitter. In a pre-performance interview, Good said the tragedy put a definite pall on the festival atmosphere.

"It's very difficult as a performer to go out on stage with a big f–ing smile on your face when someone's died," he said.

While the partying went on uninterrupted for many, some attendees, like Stephen Tyndall, 20, of Langley who witnessed paramedics perform CPR on the victim, said the tragedy put a somber mood on the festival.

"It hit me," he said. "I mean, 21, that's only a year older than me."

Tragedy aside, most attendees raved about the festival's organization and diverse lineup of musicians, from Gord Downie to Snoop Dogg, Blondie, Outkast, Deadmau5, Modest Mouse, Soundgarden, and TV on the Radio, among dozens of other artists.

Pemberton resident Veronica Woodruff, who attended the 2008 event, said this year's festival ran significantly smoother.

"I feel like this time they put a little more thought into it," she said.

RCMP calls death suspicious

Concertgoer found dead inside his tent

A 21-year-old man from Regina was the victim of a suspicious death at the Pemberton Music Festival on Friday.

Concertgoer Nick Phongsavath was found dead inside his tent at one of the festival campgrounds just after 6 p.m., according to the RCMP's Integrated Homicide Investigation Team.

Mounties from Whistler and Pemberton, along with B.C. Ambulance Service paramedics, were called to the scene and attempted to revive the victim, but he was later pronounced dead.

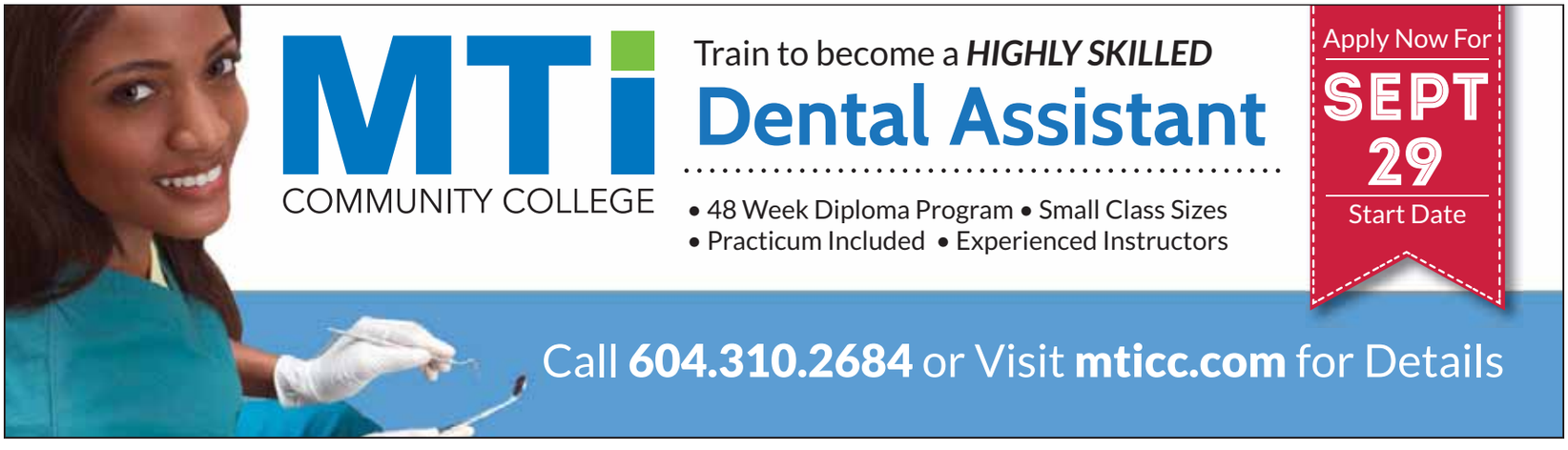
Police are providing few other details, except to say they are describing the death as "suspicious."

"At this point, there is nothing to confirm or definitively rule out foul play," said Sgt. Jennifer Pound, spokeswoman for IHIT.

Pound said the body has been removed from the site and that an autopsy will be required to determine the cause of death.

THANDI FLETCHER/METRO

1 NEWS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Germany

Ceremony honours group that tried to assassinate Hitler

Germany on Sunday honoured a group of Nazi-era officers who tried to kill Adolf Hitler 70 years ago. The plot helped establish a principle under which German soldiers today are encouraged to defy orders if they would result in a crime or violate human dignity.

In a sombre ceremony, President Joachim Gauck called the July 20, 1944, bombing of Hitler's Wolf's Lair headquarters in Eastern Prussia a "significant day in German history" for showing the world that there were Germans who opposed the Nazi regime. THE ASSOCIATED PRESS

San Francisco

Washroom on wheels helps homeless in need

Homeless people in San Francisco can now hop a bus to take a shower.

A non-profit group has retrofitted a public transit bus with two full private bathrooms and is offering hot showers, clean toilets, shampoo, soap and towels free of charge.

The group, Lava Mae, says the bus is mobile, allowing it to reach homeless people scattered throughout the city.

Lava Mae Founder Doniece Sandoval says a shower is vital to help the homeless improve their circumstances.

Lava Mae hopes to add additional buses to the city. THE ASSOCIATED PRESS

Rammasun

Deadly typhoon wreaks havoc in southern China

The strongest typhoon to hit southern China in four decades has killed 18 people, the government said Sunday, while in the Philippines the death toll from the storm's earlier destruction rose to 94.

Typhoon Rammasun killed nine people and left five missing after hitting Hainan island on Friday off China's southern coast, the civil affairs ministry said in a statement. Nine others died later in the Guangxi region as the storm plowed into the mainland on its way north to Vietnam.

The typhoon is the strongest to hit southern China in 41 years. THE ASSOCIATED PRESS

Pro-Russia rebels take control of Malaysia Airlines crash site

Eastern Ukraine. International concern growing over handling of bodies and integrity of evidence on the ground

Rebels in eastern Ukraine took control Sunday of the bodies recovered from downed Malaysia Airlines Flight 17, and the U.S. and European leaders demanded that Russian President Vladimir Putin make sure rebels give international investigators full access to the crash site.

U.S. Secretary of State John Kerry said Ukraine's separatists were to blame for the downing of the aircraft, adding there was "extraordinary circumstantial evidence" that showed Russia was almost certainly complicit in arming the rebels.

"There's a stacking up of evidence here, which Russia needs to help account for. We are not drawing the final conclusion here. But there is a lot that points at the need for Russia to be responsible," Kerry said.

The key question of who controlled the collection of evidence at the crash site in rebel-held territory dominated the day's rapid-fire developments. International monitors say armed rebels have limited their access to the crash site and Ukrainian officials said armed rebels took the bodies away from their workers by force.

A wave of international outrage over how the bodies of the crash victims were being handled came amid fears that the armed rebels who control the crash site could be tampering with the evidence there.

Donetsk rebel leader Alexander Borodai said the bodies recovered from the crash site would remain in four refrigerated train cars in the rebel-held town of Torez, 15 kilometres from the crash site, until the arrival of an international aviation delegation.

The leaders of France, Germany and Britain issued a statement demanding that Putin make sure pro-Russia separatists in Ukraine give full access to investigators at the Malaysian plane crash site or risk the ire of Europe.

A member of a local militia guards remnants of Malaysia Airlines flight MH17 during a visit by monitors from the Organization for Security and Co-operation in Europe on Sunday in Hrabove, Ukraine. ROB STOTHARD/GETTY IMAGES

The U.S. embassy in Kyiv issued a strong statement Sunday saying it has concluded "that Flight MH17 was likely downed by a SA-11 surface-to-air missile from separatist-controlled territory in eastern Ukraine." THE ASSOCIATED PRESS

Quoted

"The bodies will go nowhere until experts arrive."

Donetsk rebel leader Alexander Borodai, who said the bodies recovered from the crash site would remain in the rebel-held town of Torez until the arrival of an international aviation delegation.

Black boxes recovered

- Donetsk rebel leader Alexander Borodai said the plane's black boxes have been recovered and will be handed over to the International Civil Aviation Organization.
- Borodai insisted rebels had not interfered with the crash investigation, despite reports to the contrary by international monitors and journalists at the crash site.

Poll: Harper agenda out of touch with Canadians' concerns

NDP environment critic Megan Leslie speaks in the House of Commons on May 29. Research suggests key government policies are out of step with Canadians' priorities. SEAN KILPATRICK/THE CANADIAN PRESS

Public-opinion research for the federal Finance Department suggests key government policies are out of step with Canadians' priorities, including the Northern Gateway project.

Members of focus groups consulted prior to the February budget had "little enthusiasm" for the proposed bitumen pipeline to the B.C. coast — even those who said they support the controversial project.

And among the 12 groups consulted — from Coquitlam, B.C., to Bridgewater, N.S. — the economy itself was not a top-of-mind concern.

Rather, the groups spontaneously raised education, health care, pensions and veterans as their key issues.

They also called for more processing and refining of Canada's oil resources at home, and to do so in a more environmentally safe manner.

The findings of the January focus groups, commissioned from NRG Research Group, suggest the Harper government's central policy themes — trade and the economy, with an emphasis on energy exports — are resonating less with ordinary Canadians.

"There is little enthusiasm for the (Northern Gateway) project, even among supporters," says a Jan. 25 report on the findings.

"Detractors worry about the environmental consequences in the event of a spill, particularly as a result of a tanker accident off the B.C. coast."

"There is an appreciation that increased market access for oil will be economically beneficial but there is still a desire to do so in a more environmentally safe manner."

The Harper government has made Northern Gateway a central plank of its energy strategy, and has pilloried environmental groups who oppose it, labelling them "radical." THE CANADIAN PRESS

In focus

3,000

The focus groups were conducted along with a public-opinion survey of 3,000 people, and were carried out in advance of the Feb. 11 budget under a $135,000 contract.

It may be time to burst your housing bubble

HOW TO ROLL
Alison Griffiths
metronews.ca

You would think that Canada's housing market was the champagne industry — there's so much talk of bubbles. For the past couple of years it's been bubble this and correction that. Yet the market keeps, well, bubbling up, at an annual rate of 4.4 per cent to the end of May 2014.

However, FitchRatings last week stated that Canada's real estate market was 20 per cent overpriced, while the Morningstar rating agency predicted that a 30 per cent correction could happen over the next few years.

What can you do to protect yourself? Here are some suggestions:

Landlords: An easing in prices, combined with continued low interest rates, is a homebuyer's perfect dream. A deep correction of more than 20 per cent is heaven itself. Should it come to pass, renters who are waiting and hoping for their chance at home sweet home will buy and the rental market will soften as vacancy rates climb. Landlords should stay on top of maintenance in order to keep their units as attractive as possible and stash cash just in case vacancy rates soar, leaving units empty.

Homeowners: Avoid a home equity line of credit because these are based on the property's value and may be reduced or eliminated when the mortgage term is up. If you must borrow to pay for essential repairs, consider remortgaging now if fees and penalties are not significant.

Prospective buyers: Don't. At least, not yet.

Yes, if prices continue to defy the-sky-is-falling predictions, you may end up paying more. But having a bigger down payment could more than compensate and protect you from the impact of higher interest rates.

If real-estate money is burning a hole in your pocket, be a vicarious owner. Choose a low-fee exchange-traded fund (ETF) that tracks an index of Real Estate Investment Trusts (REITS) and is diversified among commercial, industrial and residential real estate.

My favourite REIT ETF is the BMO Equal Weight REIT (ZRE) because it is a little less concentrated in three of the biggest names: RioCan, Brookfield Office Properties Inc. and H&R REIT.

The other two options are iShares S&P/TSX Capped REIT (XRE) and Vanguard FTSE Canadian Capped REIT (VRE).

Just don't kiss it ... the prince would be huge!

A 22-metre-high golden fabric frog is displayed at Yuyuantan Park on Saturday in Beijing. The frog is based on the golden frog, which symbolizes lucky culture and is thought to bring wealth and fortune in Chinese traditional culture. The exhibition will last until Aug. 20. CHINAFOTOPRESS/GETTY IMAGES

New regulations

Mechanically tenderized beef to be labelled

Canadian shoppers will be able to see if the beef they're buying has been mechanically tenderized. Labelling regulations to take effect Aug. 21 are designed to protect consumers after a huge meat recall two years ago.

Health Canada says beef that has been mechanically tenderized must have a sticker saying so.

Packaged steaks must also have cooking instructions that the meat must reach an internal temperature of 63 C and must be turned at least twice.

THE CANADIAN PRESS

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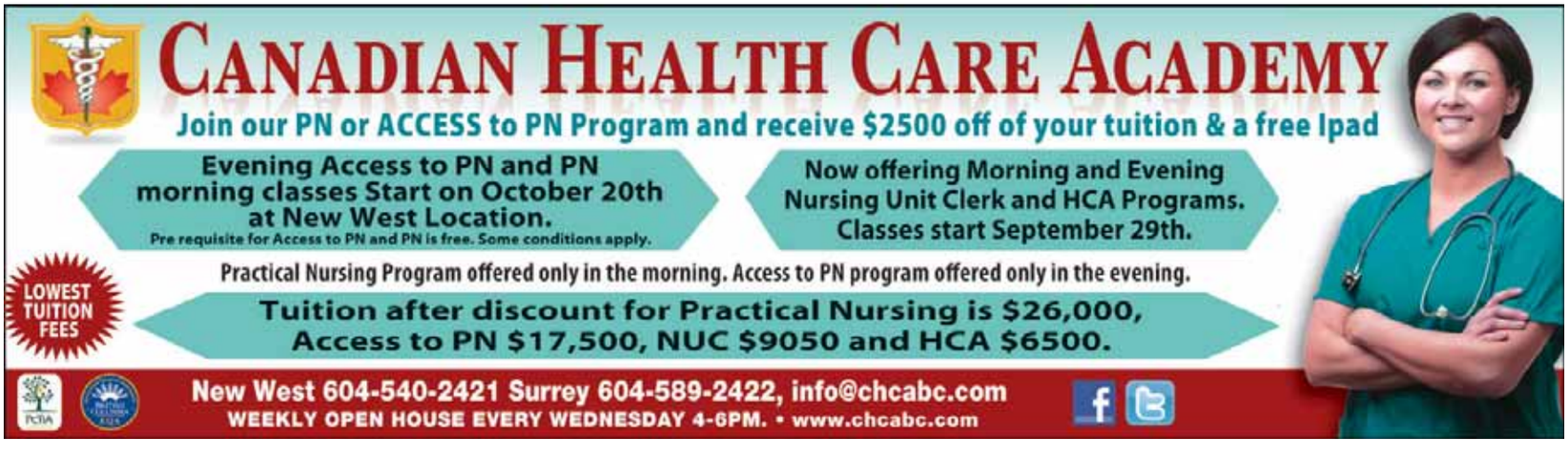
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SLOW FOOT NOT DOWN WITH INCREASE

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

It's ironic that the B.C. government is increasing speed limits on provincial highways just as I'm reducing my own personal speed limit.

Government and I have trouble getting on the same page on most matters, but if Transportation Minister Todd Stone had announced highway speed limit increases a few years ago, I would have been at the start line, revving my engines.

I have 270 horses at my personal command, so I have the technology to accommodate increases such as 110 to 120 km/h on the Coquihalla from Hope to Kamloops or on the Island Highway from Parksville to Campbell River.

But something mysterious has happened over the last few years — some might call it maturity, but I don't think it's anything as drastic as that — I have lost the inclination to see the gas pedal as a nail and my foot as a hammer, and I'm no longer inclined to view other people on the road as pylons.

Although there are days when it's tempting.

Nope, these days, it's old Slow Foot. It all started with an experiment: Some time ago I pledged to travel the speed limit for a month and see what happened. What happened was an eye-opener. For one thing, at that velocity, the road in front is almost always clear.

And you meet an entirely different kind of motorist: courteous, careful, thoughtful, friendly ... virtues you never thought you'd find in traffic. Try it. Maybe, once your hair stops smouldering, you'll like it.

So I have mixed feelings about these numerous increases in highway speed limits. For one thing, they go against the express wishes of the people who try to police the traffic circus, such as the RCMP.

The government can consult with all the traffic engineers it likes, the cops are the experts, and they don't say "Speed kills" just because it sounds clever.

Minister Stone points to the fact that serious crashes have declined in recent years, which is good, but is that a good reason for jacking up the speed limit? It's like we want to get that crash quotient back up to, um, speed.

Cars are safer, he argues, than they were before multiple airbags and improved frame technology, but why is that an incentive to test them?

Any road, no matter how flat and straight, is a list of hazards waiting to happen. And the faster you go, the harder it is to react and stop in time.

I know this line of reasoning will have no impact (bad traffic pun — another hazard of the road) on the supercharged, who view driving as a kind of reality-show Formula One contest.

I'll just ease into the right-hand lane along with the happy flotilla of soccer moms, seniors and Buddhist monks out for a field trip, and wave as you race by.

With any luck July 21, I'll see you up the highway at the next stop, five minutes later — and not wrapped around a tree, piled into the back end of a stalled semi, or tangled in the antlers of a moose.

THE OLD MAN AND THE KEY

Wally Collins, second from left, is congratulated after beating 130 other men to be crowned the 2014 "Papa" Hemingway Look-Alike Contest winner at Sloppy Joe's Bar in Key West, Fla. Collins, a Phoenix, Ariz. resident, won the title on his sixth try. ANDY NEWMAN/ FLORIDA KEYS NEWS BUREAU THE ASSOCIATED PRESS

The son also rises, but it's papa for the win in Hemingway look-alike contest

A white-bearded Arizona restaurateur has won Key West's annual "Papa" Hemingway Look-Alike Contest on his sixth attempt.

Wally Collins of Phoenix triumphed over 130 other entrants, including his son Matt Collins, late Saturday night at Sloppy Joe's Bar. The bar was a favourite of Ernest Hemingway during the 1930s. Competitors in sportsman's attire paraded before a judging panel of former winners during two preliminary rounds and the finals, trying to prove their resemblance to the real Hemingway.

Collins, who also has researched the role concussions may have played in Hemingway's 1961 suicide, said he admired Hemingway's ideals and taste for adventure.

"I didn't have as many wives as he had, and I have a lot more children and grandchildren, but there are a lot of things that he stood for that I really like," Collins said.

Hemingway was born on July 21, 1899.

THE ASSOCIATED PRESS

Hemingway Days

The contest is a highlight of the annual Hemingway Days celebration honouring the author who lived and wrote in Key West from 1931 to 1939.

- His home in the Florida city, where he wrote For Whom the Bell Tolls, is now a museum.
- The festival also includes a short story competition directed by Ernest's granddaughter, Lorian Hemingway, and a spoof on the running of the bulls in Pamplona, Spain.

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In this issue, you can find AR enhancements on page 7 in Scene and page 14 in Sports.

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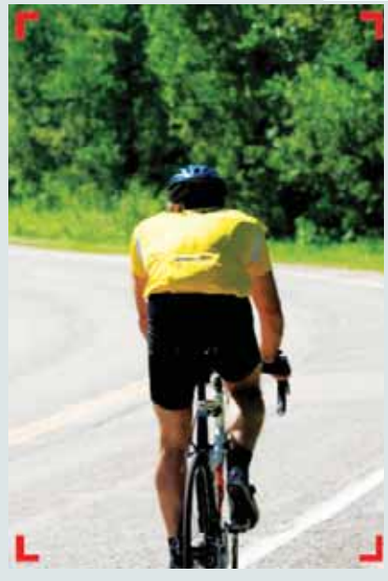
MetroTube

Man 'lucky' to be hit by mattress truck

ANDREW FIFIELD
andrew.fifield@metronews.ca

In this space last week, we showed you a pretty scary accident that ended with a motorcyclist being thrown onto the roof of a vehicle after being rear-ended by another. Happily, he avoided serious injury.

More lucky is this gentleman, who found himself sideswiped by a truck while riding in Brazil — because if not for the cargo it was hauling, things could have been much worse. (EpicBulbTV Viral/ YouTube)



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Ebooks

Seconds

By. Bryan Lee O'Malley

Kindle/iBooks

MIND THE APP
Kris Abel
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Katie is a chef so drawn to the control of her kitchen that she's made her restaurant her home. She becomes tempted to replay her life when mysterious forces test her destructive impulses. The creator of Scott Pilgrim is on fire again with imaginative, dream-like visuals, likeable characters, and a tricky time-travel story masterfully told for a compulsive read.

Box office

Apes rule movie jungle, once again

Dawn of the Planet of the Apes topped the box office for the second-straight week with an estimated $36 million, easily besting the horror thriller The Purge: Anarchy. In third place is Planes: Fire & Rescue, while Sex Tape failed to turn on moviegoers. **THE ASSOCIATED PRESS**

The Dirty Heads' summer bummer — gone too soon

Sound of Change. New album heavy on reggae-rock vibe with a song detailing a short-lived summer romance

CHRIS CARPENTER
Metro in new York City

With August fast approaching, SoCal rockers Dirty Heads express their bittersweet qualms with the fleeting nature of the season on My Sweet Summer, the lead track from their fourth studio album, Sound of Change.

"I was doing a writing exercise where I was writing songs for other people and sending them out. Kenny Chesney and I were shooting emails back and forth, so I had started this country-ish, reggae-ish song," Jared "Dirty J" Watson, lead singer of the Dirty Heads, says about the early inception of Summer.

Chesney — arguably country music's reigning king right now — is a self-proclaimed super-fan of the Dirty Heads.

"I think country music is great; it's hilarious. I love the storytelling aspect," Watson says. "For somebody like Kenny Chesney to have touched so many people and have so many fans — obviously he's doing something amazing. For him to play our music before his shows, that's just really cool. It's crazy. That whole 'barefoot, sand, Coronas' vibe that he brings is like the country version of us. He's a very cool dude."

Of course, Summer, the way the Dirty Heads play it, doesn't exactly sound like a country tune. Inspired by the escape of summer — both literally and figuratively — Watson crafted the song around the departure of a summer romance.

Jared Watson and Dustin Bushnell of the band The Dirty Heads. GETTY IMAGES

Bittersweet

"We knew that we had something special."

Jared "Dirty J" Watson, lead singer of the Dirty Heads describes crafting My Sweet Summer around the inspiration of the end of a summer romance.

AUGMENTED REALITY

→ Scan this photo with your Metro News app to hear how the Dirty Heads transformed My Sweet Summer!

metro AR

→ See the full instructions on Metro's Voices page.

"When the idea of 'my sweet summer is gone' came and we [the band] nailed down the idea and the gist of the story that we wanted to tell, it was just about painting a cool picture. We knew that we had something special," says Watson.

Dirty Heads' most successful song to date came in 2010 with the acoustic surf tune Lay Me Down. The song reached No. 1 on both Billboard's Alternative chart and Rock chart.

"[Surf culture] tied into our music very heavily in the beginning. Now that we're grown men and have been doing this for 10 years and have seen the world, I think that this band is a lot more international and worldly," says Watson. "I think our new album is a little broader. It's so heavy on that reggae-rock vibe. It's something new."

Long past their days of crawling the country in a van, the band are currently on tour with Pepper and are playing select dates with 311.

"Touring in a van and not making any money for seven years made us who we were," says Watson. "We didn't care; it was all about the music. We knew it was going to pay off."

Gillian Anderson in The Fall. CONTRIBUTED

The Fall. Second season of BBC murder mystery is coming, but no date given

Gillian Anderson has the killer in sight in The Fall.

A first teaser for the second season of the British TV series, which will be released in the fall on BBC Two, has just been unveiled.

Starring Gillian Anderson (The X-Files) and Jamie Dornan (the upcoming 50 Shades of Grey), the drama follows a police officer played by Anderson who came to investigate a series of murders of young women in Northern Ireland.

Viewer numbers

3.3M

The number of viewers the five episodes of the first season of The Fall gathered on average when broadcast in May 2013.

The killer's identity is quickly unveiled to viewers: he is played by the future Christian Grey, Jamie Dornan.

And he appears to have an obsession with Anderson's character, judging from the first 50 seconds on BBC Two.

Broadcast in May 2013, the five episodes of the first season gathered 3.3 million viewers on average. The drama is also on Netflix.

No date has been given for the release of the six episodes of the second season, which will also feature Colin Morgan (BBC's Merlin). **AFP**

Lindsay Lohan ALL PHOTOS: GETTY IMAGES

Award makes this Lohan comeback a little more legit, right?

Lindsay Lohan really has it easy sometimes. No, wait. Hear me out. Lohan's career as a "celebrated" actress comes from one film, Mean Girls, that came out 10 years ago. Since then, the films she's actually managed to show up for have been disappointments and duds, yet she's still held on to the promise that Mean Girls created. And now she's been feted at the Ischia Global Film & Music Festival with the Ischia Comeback Award simply for signing up to do David Mamet's Speed-the-Plow on the West End. Seems a bit premature, since she's not even in rehearsals yet, but whatever. She's back! Again! Come to think of it, every time Lohan has signed up to do anything, it's considered a comeback. Maybe she deserves the award after all.

Malcolm-Jamal Warner

Cosby confessions: Theo had a crush on Denise

This may not sit well with you, but Malcolm-Jamal Warner has revealed that while making the Cosby Show, he had a major crush on his on-screen sister, Lisa Bonet. "We were so close in age," Warner tells Access Hollywood. "But, you know, I never had a shot. You just know. At 13, 14, you know when you have a shot or not, even at that age." As for where he stands today with Bonet, who is married to Game of Thrones star Jason Momoa?

"She's cool," Warner says. "Lisa and I, we've always been very cool."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Aguilera party finds new meaning for birthday cake

STARGAZING
Malene Arpe
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An American attempts to claim 800 square miles of land in Northern Africa so that his daughter can be a real princess. "Whatever," says Veruca Salt.

Ariana Grande's Nickelodeon show Sam & Cat is cancelled. I don't understand all of those words, but I do know it sucks when my cat knocks over my grande latte, so ..... condolences?

Blake Lively is launching a lifestyle website called Preserve. It will feature 1) Canning tips. 2) Essays on conservation of heritage buildings. 3) A tribute to the Preservation Hall Jazz Band. 4) A screed against Butylated hydroxyanisole and L-cysteine. 5) Cute pictures of expensive shoes.

Marvel Comics introduces female Thor. Space does not allow me to elaborate on the sexist weirdness of a "strong female character" having to spring from a long-established male character, so I'll just say "blergh." Also, the only time Thor transformed into a woman was when he went to Jotunheim to trick the giant Thrym into returning his hammer by pretending to be Freya and Loki said ..... (that's more than enough. - ed.)

Sotheby's and eBay are teaming up for live online auctions. Thus finally bringing together moneyed socialites and collectors of old safety pins, antique photos of people who aren't their relatives and rusty street signs.

Lindsay Lohan promises to behave when she stars in Speed-the-Plow in London. "How crazy would I be," she asked, "jeopardizing my chance to spend 10 weeks doing speed?"

Christina Aguilera's baby shower reportedly featured a cake that had as decoration a woman on a rug birthing a baby whose head was "poking out". That explains the new Slimband slogan: "Almost as good at completely destroying your appetite as accidentally attending Christina Aguilera's baby shower."

Christopher Walken will play Captain Hook in NBC's live broadcast of Peter Pan. He's already practicing how to best keep the hook from constantly getting caught four inches under his arms in his waistband.

Gwyneth Paltrow

You can cure your kid with food, so says Paltrow

Fear not, parents. Gwyneth Paltrow is back with more excellent lifestyle advice, this time about what you're feeding your kids. Paltrow took to her Goop soapbox to extoll the virtues of the new book Cure Your Child with Food, by Kelly Dorfman, that suggests a lot of recurring ailments could be due to what your kids are eating. For instance, too much dairy is likely the cause of chronic ear infections, and a zinc deficiency can lead to a general "failure to thrive." And really, isn't preventing any failures in the thriving department what Goop is all about?

Burt Reynolds

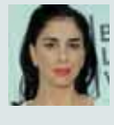
Alimony woes for Burt Reynolds

It's been more than 20 years since Burt Reynolds and Loni Anderson got divorced, but they're still ironing out the financial details. It seems that, according to TMZ, when Reynolds paid Anderson the $234,794 in alimony and child support they'd agreed upon, he left out a spare $97,000. Easy mistake to make. So Anderson went to court earlier this year and got a judge to order Reynolds to pay up, and thanks to interest that figure is now $154,520. Your move, Burt.

Twitter

@samantharonson
Twitter Tourette's Syndrome is not a thing. You signed on, typed it up, hit send. Own it.

@lenadunham
My favorite part of having a cold is probably the sweaty, unyielding dreams that my family and friends have abandoned and ostracized me <3



@SarahKSilverman
I have Angelina Jolie's lips, it's just that they're in my underpants

Do your rating credit. Check it

On file. Everything you ever wanted to know — and maybe a few things you didn't — about your credit history and why you should keep an eye on it

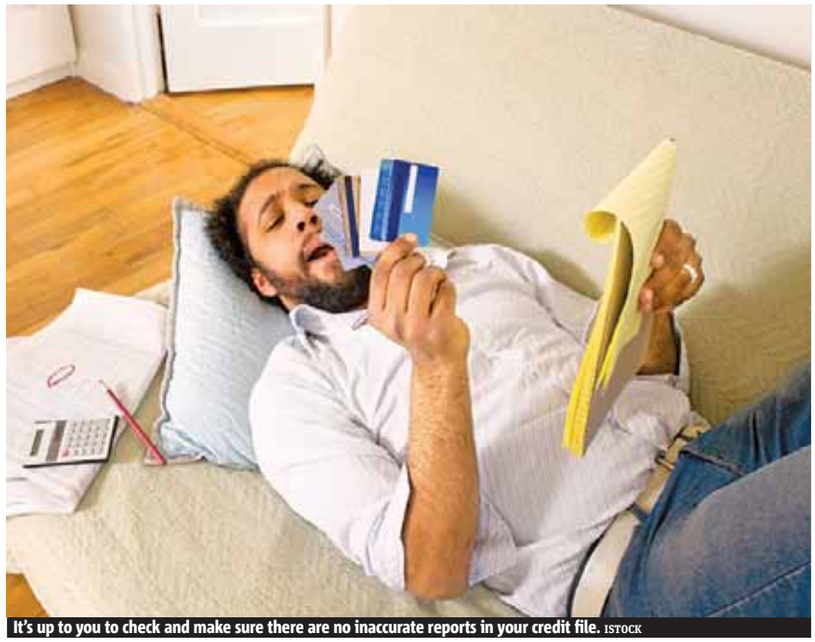
GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Have you checked your credit file recently? You should.

Your credit file contains a listing of debit and credit payments and it includes public record information about how promptly you've paid bills, along with all the yucky stuff like collections, judgements and bankruptcies.

Typically credit agencies will keep a record of accounts that were paid and have no negative history for up to 20 years or for as long as you have a relationship with the company with which you did business. If you cancel an account, the credit agency has no way of maintaining a current and accurate credit file so they often delete credit information. That's why when you cancel a credit card the credit history that goes with it disappears. If you have a long history with a credit card supplier and want to stop using that card, cut it up but don't cancel the account until you've established a credit history on a new card.

Most people don't realize that when a business makes an inquiry — when it checks your credit — that inquiry not only affects your credit score, but it stays on your file for one to six years depending on the type of inquiry.



It's up to you to check and make sure there are no inaccurate reports in your credit file. ISTOCK

Annual credit check-up

Check your credit files at least once a year to ensure the information is correct.

- Send a written request to one of the two major credit bureaus in Canada: Equifax Canada Inc. or Trans Union of Canada Inc.
- More information can be found online at equifax.ca and transunion.ca.
- There is no charge for this service if you ask for your record by mail.

Some credit-reporting agencies report the lenders' rating of each of your credit history items on a scale of 1 to 9. A rating of "1" means you pay your bills within 30 days of the due date. A rating of "9" means that you never pay your bills at all or that you have made a consumer debt repayment proposal to the lender. A letter will also appear in front of the number: for example, I2, O2, R2. The letter stands for the type of credit you are using.

"I" refers to an installment loan, such as for a car loan, where you borrow money once and repay it in fixed amounts, on a regular basis, for a specific period of time until the loan is paid off. "O" refers to open credit such as a line of credit, where you borrow money, as needed, up to a certain limit and the total balance is due at the end of each period. "R" refers to revolving credit, on which you make regular payments in varying amounts depending on the balance of your account, and can then borrow more money up to your credit limit. Credit cards are revolving credit.

If you've mucked up your credit, know that the record of your financial indiscretions will remain on your file for all who inquire to see for up to six years after you diddled around and defaulted on the account.

If you go through a debt repayment program, like one offered through credit counseling, the record will be removed from your file two years after you finish paying off your agreed upon amount, or six years after you defaulted on the account, whichever comes first. If you do a consumer proposal, the proposal and all accounts reported as satisfied through the proposal are removed from your file three years from the date you satisfied the proposal.

The amount of time a bankruptcy stays on file is dependent on where you live. Typically, if you live in B.C., Yukon, N.W.T., Nunavut, Alberta, Saskatchewan, Manitoba or Nova Scotia, the record will stay in place for six years from the date of discharge. In Ontario, Quebec, New Brunswick, P.E.I. and Newfoundland and Labrador, it stays on record for seven years from the date of discharge. However, if you've gone bankrupt more than once, each will remain on your file for 14 years from the date of discharge of each bankruptcy

If you get a judgement against you, the same rules apply as with bankruptcy except for P.E.I., which keeps the record on file for ten years.

If you've been sent to collections, the record will be removed from your file six years after the date you defaulted on the account with the original creditor.

So if some collector calls you up after six years and says they're trying to collect on the debt, they have no recourse and you can blow 'em off. Your record is clear.

The longer you exhibit good credit behavior by paying your bills on time and managing your credit wisely, the more your credit rating will improve, until you once again achieve a favorable credit rating. And if you've got a good rating that's been marred by inaccurate reporting, it's your job to fix it.

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Money 101. Two couples, one year to make them richer

Never been so happy — and so rich

Since January, two Canadian couples have taken on the challenge to completely change their financial future. Together, we have worked on budgets, debt reduction, retirement planning, home-buying and financial planning. Both couples have risen to the challenge and have collectively improved their net worth by more than $50,000. Follow @LesleyScorgie and cheer these couples on as they work to achieve their goals. – *Lesley-Anne Scorgie*

Anne-Marie's and Peter's cash flow has decreased lately as the couple deals with nursing challenges. SHUTTERSTOCK

Carolina and Jose are looking forward to decorating their new townhome. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Life stage: First child arrived in May
- Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to paying off debt
- Rent or own: Rent
- Top goals for 2014: Pay off debt; start an RESP; and start saving a down payment
- Current net worth: $93,850
- Homework from last month: Evaluate balanced investments and plan to set up an RESP

Parenting has brought Anne-Marie and Peter tremendous joy this past month, despite a few feeding and sleeping challenges. Adding to their glee is a growing bottom line. In particular, a strengthening stock market has contributed to a large increase in the value of Anne-Marie's defined benefit pension — more than 25 per cent since January. While on parental leave, she will continue to participate in her plan, adding to the value, but this will eat into the couple's maternity budget.

Anne-Marie's and Peter's cash flow has taken a bit of a hit lately as the couple deals with nursing challenges. The cost of feeding consultants and prescriptions has totalled close to $1,000, but Anne-Marie, in particular, feels the issue is nearly resolved. To afford these medical expenditures, the couple paid $1,000 less toward their debts this past month and will keep their receipts for tax time as they may qualify for tax credits. Overall, these unexpected expenses have reinforced the need for building emergency funds going forward.

For the remainder of the year, the couple will endeavour to become debt-free. They still owe $5,200 on their low-rate credit card and $2,800 on their vehicle loan. Spread equally over the next five months, that's approximately $1,600 per month. The challenge will come when Anne-Marie's parental leave "top-up" from her company ends in October. So they are making hay while the sun is still shining.

Due to a high volume of new parent commitments, the couple is yet to set up their daughter's RESP, so this is the first part of their homework this month.

At the same appointment with their investment adviser, they will also be choosing different and better suited investments for their RRSP portfolios. Anne-Marie and Peter are still interested in low-fee mutual funds suited to their medium-risk investment profiles due to the fact these funds are professionally managed and offer an opportunity for diversification. Once their investment acumen improves, they will consider more traditional investments like stocks and bonds.

Homework:
Anne-Marie and Peter will set up their daughter's RESP and change their investment holdings.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 32
- Occupations: Stay-at-home mom and safety co-ordinator
- Total household income: $62,000
- Life stage: Three daughters aged five, three and one
- Financial savvy: Medium — they have established a budget, purchased a home, are very frugal and have no retirement savings
- Rent or own: Own
- Top goals for 2014: Pay off debt; buy a house; and visit family
- Current net worth: – $6,500
- Homework from last month: Work through their 60-day new homeowners' checklist

Carolina and Jose have officially settled into their new townhome and credit three reasons for why they are so happy.

First, for the first time in their lives, they have a forced mechanism to save money through building equity in a home they own. Through bi-weekly mortgage payments of approximately $590 and a five-year, fixed rate of 2.99 per cent, a huge chunk of Carolina's and Jose's payments are going toward equity rather than interest.

Second, their home is theirs to do with as they wish. They have been dreaming about what features, such as paint and light fixtures, they would eventually like to upgrade.

But before they get ahead of themselves, Carolina's and Jose's homework is to create a list of what they would like to improve, by when and the cost. This will help balance out their home improvements so they give themselves enough time to save up rather than charge to their credit card. Luckily, they have already been able to avoid one meaty home maintenance item — a new water heater, which was replaced by the former owner.

Third, their three girls are adjusting well and making new friends — a priceless benefit.

This month, the couple is shifting gears toward their next great financial challenge — debt repayment. They owe $6,800 on their line of credit and make payments of $100 per month. They also owe $14,700 in student loans, of which they pay nothing toward due to relief through a student loan payment assistance program.

Their debt repayment plan starts with a revised budget, taking into account their new home and an understanding of how much they can afford to pay each month. Thus, Carolina's and Jose's second homework item this month is to revise their budget.

To further reduce their debt, Jose is considering selling his 15-year-old car and putting that money toward their debts.

He no longer needs his vehicle because his work supplies him with a truck.

Ideally, the couple wants to strike a balance between becoming debt-free while sprucing up their new pad.

Homework:
Carolina and Jose will create a list of home improvements and a revised budget.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELED.

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From Post to the present

Post with the most.
A family business built on a foundation of good form

LAKSHMI GANDHI
Metro World News

Lizzie Post, great-great-granddaughter of Emily Post, is providing Ps and Qs training to today's professionals. HANDOUT

Emily Post made a name for herself in the early 1900s as a world-renowned expert on etiquette and manners, advising readers on everything from making polite conversation to the right way to host an afternoon tea. Several generations later, her descendants are continuing her legacy with a 21st century twist — by advising people on life in the digital age.

The family has just released the third edition of their book Emily Post's The Etiquette Advantage in Business.

While it's been less than a decade since the last book was released, the Posts say that because the business world has changed so rapidly in recent years, it can be tough to navigate it all.

"It's kind of unbelievable the leaps and bounds we have made in just the last few years and how much digital usage has increased," says Lizzie Post, Emily's great-great-granddaughter. We asked Post for her take on several modern social media dilemmas many of us face in the workplace.

To friend or not to friend?

When it comes to Facebook, think hard about whether you want to add your co-workers. "While typically most of us have always bonded with our co-workers, it's really different today," Lizzie Post points out. "Previously, it was very controlled in what you allowed your co-workers to see [in your life outside of work]. But now you are not just letting them see your photos, you are also letting them see the conversations you are having with other people."

Post notes that letting someone into your personal online space is a private decision and reminds everyone that they are in charge of the process. "You have to decide what works for you," says Post. "You can always tell a co-worker, 'I had to make a decision and I decided not to mix my work and personal lives.'"

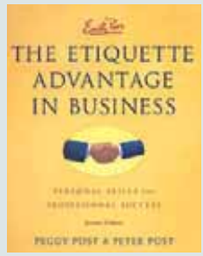
Should you accept that LinkedIn request?

With the popularity of LinkedIn, it's common to get all sorts of connection requests from everyone from elementary school friends to your neighbours. "I don't respond to people on LinkedIn that I don't know well or that I haven't worked with closely," says Post of her own personal policy. "For people like high school friends, unless I know your work, I decline the request."

What if you really don't want to write that LinkedIn recommendation?

"I don't recommend friends," says Post. "It's one thing to be friends with you, but that doesn't mean that I know how you work. With endorsements, it's a bit different. If I have seen your blog and have read your book, then I feel like I can do it." Post says to remember that saying no is always an option.

Success on the screen



Ask yourself what impression you are making online

- "Google yourself," suggests Post to see what others see when they search for you. Are there public posts of you drinking or partying? Post says you may want to erase those, but that it's ultimately up to you to decide what's important to you. "Are you going to let your career dictate your online persona or are you the type of person that is going to say, 'No, this is who I am and I am going to find a position where this isn't going to matter?" Post asks.

'Round the world wisdom

How many chefs are in your life's kitchen?

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

When I took on the Gobi, the scope of the project was too vast to take on on my own. The project's novelty forced me to solicit help in my preparation from those around me: my family, my colleagues, my social circle. While at first all of this advice was welcome, it rapidly got to be too much. I had too many chefs in my kitchen. One of the first action items when taking on a major endeavour is to get oriented. This means framing the data in order to build a plan. While this orientation requires the assistance of others, the challenge is knowing when we have enough data points to create the blueprint.

Three weeks into my Gobi preparation, my refrain switched from a novel, "Great idea, I'm doing it" to, "Thanks for sharing, there are many ways to prepare for this challenge and I have determined what is most effective for me."

Placing the burden of failure on an unnamed "other" would not get me to the finish line. Instead, I trained my thoughts toward collaboration, by hearing and considering others' opinions and ideas, but only listening to my own.

In the end, we are all the chefs of our own kitchens. While it takes a village to raise a child, one man's race begins with his first step alone.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

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Time to revive the planking craze to give salmon a delicious smoky flavour

This recipe serves four. LORELLA ZANETTI

Cedar Planked Salmon with Maple Glaze.

This fish makes a perfect partner for the barbecue and contains healthy fats

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

When it comes to summertime cooking, the barbecue is the easiest, most enjoyable and social way to cook.

Salmon is my number one fish for the "barbie," but cooking it on a cedar plank is so much more flavourful.

You can purchase the thin wooden planks in your grocery store where fish are sold. Soak them in water for at least 20 minutes to prevent burning.

For an alternative cooking option, feel free to bake your salmon in 425 F oven for 10 minutes per each inch of thickness.

I prefer to use organic salmon as a precaution against mercury and other pollutants that can be in our fish.

Salmon, a fatty fish, is an excellent source of omega-3 fatty acids. It's proved to be beneficial in the treatment of osteoarthritis, cardiovascular health and in decreasing the risk of macular degeneration.

The maple syrup sauce over top of the fish is addictive. I also use it over grilled chicken, pork or tofu.

You can cook the sauce up to 3 days in advance and refrigerate. When you are ready to use it, reheat it in a small skillet over low heat just until it is warmed through.

Happy (and healthy) grilling!

FLASH FOOD

From your fridge to your table in 30 minutes or less

Directions

1. Preheat your barbecue to 425 F and either spray a cedar plank or grill with vegetable oil.

2. Whisk the maple syrup, soy sauce, water, vinegar, oil, cornstarch, garlic and ginger together in a small saucepan. Cook the mixture over medium heat until thickened and smooth, about 2 minutes. Remove the sauce from the heat. If it is too thick, just add a little bit of water.

3. Place the salmon, skin-side down, on the plank or grill. Brush the top half of the salmon with some sauce. Sprinkle with sesame seeds. Cover the grill and cook for 10 minutes per inch of thickness or until the fish flakes easily when pierced with a fork.

4. Garnish the finished salmon with cilantro and serve on the cedar plank with the remaining sauce on the side.

Ingredients

- 1/4 cup pure maple syrup
- 2 tbsp low-sodium soy sauce
- 1 tbsp water
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- 2 tsp cornstarch
- 2 tsp minced fresh garlic
- 1 1/2 tsp minced fresh ginger
- Four 4-oz skin-on salmon fillets
- 2 tsp sesame seeds
- 3 tbsp chopped cilantro or parsley

Nutritional information

Per serving	
• **Calories.** 250	• **Total fat.** 10 g
• **Carbohydrates.** 16 g	• **Saturated fat.** 1.6 g
• **Fibre.** 0.3 g	• **Cholesterol.** 64 mg
• **Protein.** 24 g	• **Sodium.** 323 mg

From 'yuck' to 'yum' in four steps

No longer being fed to the dog under the table, these days brussels sprouts are a very trendy and nutritious vegetable.

Roasting brings out a wonderful flavour that's much better than steamed or boiled.

Brussels sprouts are part of the cruciferous vegetable family and contain an antioxidant known to fight cancer. Additionally, they are also an excellent source of fibre.

This dish is also great served at room temperature as a salad.

Ingredients

- 1 1/2 lb Brussels sprouts (stems removed and cut in half)
- 2 tbsp grated Parmesan cheese (1/2 oz)
- 1 tbsp olive oil
- Pinch of salt and pepper
- 1 tsp minced garlic
- 1 small red pepper, seeded and cut in half
- 1/3 cup toasted slivered almonds

1. Preheat the oven to 400 F. Line the baking sheets with foil sprayed with vegetable oil.

2. Place the brussels sprouts in a bowl and add the Parmesan, olive oil, salt and pepper, and garlic. Mix well and place on the baking sheet along with the red pepper.

3. Roast for 20 minutes, turning occasionally just until tender and slightly browned. Peel the skin off the pepper and cut into large wedges.

4. Garnish with almonds.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Striving to be the best

CFL. Arceneaux picks up three touchdowns in the Lions' blowout win over Alouettes

CAM TUCKER
cam.tucker@metronews.ca

Lions wide receiver Emmanuel Arceneaux scores a touchdown against the Alouettes' Billy Parker on Saturday at BC Place Stadium. DARRYL DYCK/THE CANADIAN PRESS

Emmanuel Arceneaux said before his first start of this 2014 season that he isn't Jesus. But the towering wide receiver had the divine touch for the B.C. Lions on Saturday.

Arceneaux's comment came with the Lions stumbling after a dreadful 0-2 start, and prior to a Week 3 contest with the Saskatchewan Roughriders, which was his first game of this season.

As a collective unit, the offence through two weeks was in shambles.

After an off-season procedure to repair a partially torn ACL in his right knee, Arceneaux missed those first two games because of a hand injury suffered during training camp.

Since his return, the always-chatty Alcorn State product has 13 catches for 198 yards receiving.

Against the Montreal Alouettes, he hauled in three touchdown catches as the Lions pummelled the visitors 41-5 at BC Place Stadium and evened their record at 2-2.

Arceneaux ended the day with eight catches for 145 yards as the Lions picked apart the Alouettes' defence.

"My thing is, I want to be the best, whether it's on my team or whether it's through the league," said the 26-year-old Arceneaux.

Against the Alouettes, who held the Lions to nine points and 14-year veteran quarterback Kevin Glenn to a paltry 159 yards passing in Week 2, B.C. was sharp with the ball this time.

Glenn's decisions came quickly Saturday. His release of the ball was even more quick.

Glenn completed 23 passes for 301 yards, before leaving the game in the second half with a strained muscle in his upper back.

Quoted

"My thing is, I want to be the best." Emmanuel Arceneaux

Six different B.C. players recorded a catch. Five different players recorded at least one rush.

The Alouettes had no recourse.

"When you got offensive guys … that I have, you basically just give them the ball," said Glenn.

In football, success and failure can't be pinned on just one player. But there's no denying that the return of Arceneaux to the lineup correlates with back-to-back wins and a revival on offence.

Said Lions' receiver Courtney Taylor: "So much confidence, because Manny is a big-play guy and that's one of his biggest attributes."

MLS

Whitecaps cough up another lead in draw with RSL

Another scrappy effort resulted in another draw for the Vancouver Whitecaps.

Darren Mattocks gave the Whitecaps a 1-0 lead on a penalty kick with about 18 minutes left, but the Whitecaps couldn't hold on, conceding a late goal and holding on to escape Rio Tinto Stadium with a 1-1 tie against Real Salt Lake.

It's a single point. The Whitecaps remain sixth in the Western Conference standings. Only the top five teams in each conference qualify for the post-season.

Mattocks scored for the second time in as many games, although against Real Salt Lake, his opportunity came after a controversial foul call inside the box on defender Nat Borchers. But Salt Lake forward Joao Plata eliminated Vancouver's lead only eight minutes after the Mattocks' goal.

"I thought it was a great point for us — I really did. I thought it was a thoroughly hard-working performance from us," said head coach Carl Robinson.

After a stretch of three games in seven days, the Whitecaps don't play again until Sunday.

It's another key conference matchup as the Whitecaps host FC Dallas at BC Place.

The Whitecaps are only two points back of second-place Dallas, with a game in hand. CAM TUCKER/METRO

Boy Wonder-ful at British Open

Rory McIlroy of Northern Ireland holds the Claret Jug aloft after his two-stroke victory at the 143rd Open Championship at Royal Liverpool on Sunday in Hoylake, England. TOM PENNINGTON/GETTY IMAGES

Walking off the 18th green as British Open champion, Rory McIlroy kept gazing at the names of all the greats on golf's oldest trophy.

On the claret jug, his name is etched in silver below that of Phil Mickelson.

In the record book, he is listed behind Jack Nicklaus and Tiger Woods as the youngest to get three legs of the career Grand Slam.

And over four days at Royal Liverpool, he had no equal.

"I'm immensely proud of myself," McIlroy said after his two-shot victory Sunday that was never really in doubt. "To sit here, 25 years of age, and win my third major championship and be three-quarters of the way to a career Grand Slam … yeah, I never dreamed of being at this point in my career so quickly."

AUGMENTED REALITY

→ Scan the image with your Metro News app for a gallery of Sunday's action in Liverpool.

metro AR

→ See the full instructions on Metro's Voices page.

He had to work a little harder than he wanted for this one. Staked to a six-shot lead going into the final round, McIlroy turned back every challenge. He made two key birdies around the turn, and delivered a majestic drive at just the right moment to close with a 1-under 71 and complete his wire-to-wire victory.

After nearly two years of turmoil, McIlroy looked like the kid who shattered scoring records to win the 2011 U.S. Open at Congressional, and who won the PGA Championship at Kiawah Island by a record eight shots a year later.

Boy Wonder is back. Or maybe he's just getting started again.

McIlroy won by two shots over Sergio Garcia and Rickie Fowler to become the first start-to-finish winner since Woods at St. Andrews in 2005.

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Get tough with someone who has been giving you a hard time. People will respect you more if you demonstrate that you respect yourself.

♉ Taurus
April 21 - May 21
This is an important time for career matters. Being ambitious is not a sin and anyone who suggests that it might be is not to be trusted.

♊ Gemini
May 22 - June 21
You have enough work on your plate. The planets warn if you go beyond your limits, you will regret it later in the week when you don't have the energy for new opportunities.

♋ Cancer
June 22 - July 23
Someone is trying to make you feel guilty about something that wasn't your fault. You may be tempted to ignore it but if you don't counter their negative propaganda, your reputation could suffer.

♌ Leo
July 24 - Aug. 23
The more time you spend trying to work out what might go wrong over the next few days the less time you will have for making things go right.

♍ Virgo
Aug. 24 - Sept. 23
You may not be much in the mood for routine activities today but the planets insist that you make a serious effort to catch up on a backlog of jobs.

♎ Libra
Sept. 24 - Oct. 23
The planets warn that in some areas it might be wise to play safe and stick with what you know and trust. Creatively and romantically you have a lot to gain but also a lot to lose.

♏ Scorpio
Oct. 24 - Nov. 22
Don't hesitate to tell others what it you desire because someone might hand it to you. Stranger things have happened and will continue to happen over the next few weeks.

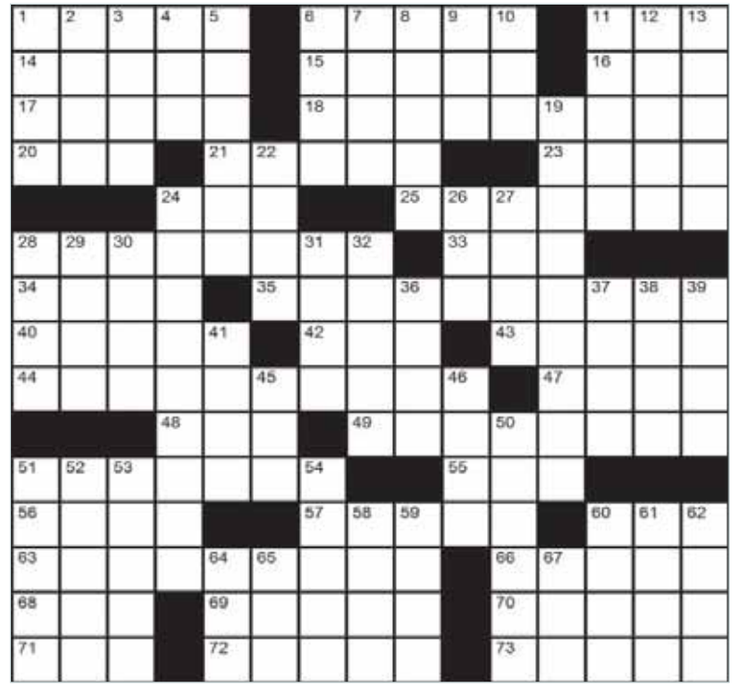
♐ Sagittarius
Nov. 23 - Dec. 21
You must be committed to what you are working on. If you are reluctant to get fully involved, others may decide they can do without you.

♑ Capricorn
Dec. 22 - Jan. 20
Don't run yourself into the ground doing things for others. Your energy supply is limited and must be saved for things that mean something to you.

♒ Aquarius
Jan. 21 - Feb. 19
Even the best of friends fall out occasionally. You will get the chance to kiss and make up later in the week and if you take it there will be no harm done.

♓ Pisces
Feb. 20 - March 20
If someone you trust offers you advice today you would be wise to listen. That applies to all areas of your life but especially to property matters, investments and financial issues.

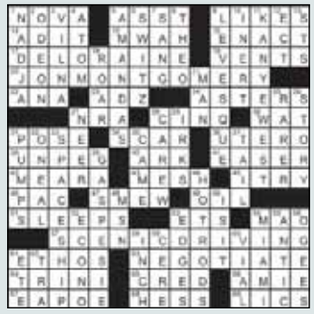
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. What a Canadian saying 'about' sounds like to the American ear
6. WWII threat in the North Atlantic
11. 'Computer' suffix (Techie jargon)
14. Bamboo eater
15. Louisiana dish
16. Global positioning fig.
17. Proctor __ (Kitchen appliance company)
18. PEI's __ Peninsula; or, the 'G' of GMT
20. Cathedral city
21. Norwegian dramatist Henrik
23. Prefix to 'scope'
24. Toy-made dessert, __-Cone
25. Some soft drinks
28. Canadian band, __ Rush
33. Fail to keep
34. Lang. of Rome
35. Three words heard as the race is just about to begin...
40. Cat-like
42. Hockey's Bobby
43. "Buzz off!"
44. Canadian movie, "Atanarjuat: The __ __" (2001)
47. Mystique
48. Belonging to the intl. org. based in NYC
49. Those using brooms
51. Exceeds
55. Promos
56. Ancient's "Awesome!"
57. Supermodel Ms. Campbell
60. Mafia
63. __ __ of Tara (Musical instrument on The Arms of Canada)
66. Shoes shade
68. Calif. NBA team
69. Major artery
70. Band of eight
71. Method [abbr.]
72. Wales language
73. React to nausea

Down
1. Church section
2. Jail money
3. Exclusively
4. Sort of tribute
5. Burdensome
6. Australian boots
7. Hockey great, Pavel __
8. Signs
9. Mr. Vigoda
10. Weight unit [var. sp.]
11. "The Untouchables" role, __ Ness
12. "__ bleu!" (Golly!)
13. Cultural standards
19. Major League Soccer team in Vancouver
22. Wild swine
24. English-French: 1945 Hugh MacLennan book, Two __
26. Use a crowbar
27. Singer, Diana __
28. Annoy
29. "I'll have _ __, please." (Dessert-time drink request)
30. Mr. Holbrook's
31. __ lights
32. Knitter's supplies
36. Sketched
37. Genuine
38. Actress Teri
39. Grannies: German
41. 007 foe in '62 [2 wds.]
45. Function
46. Staples purchase
50. Magazine bigwig
51. Trompe l'__ (Visual illusions)
52. Sunny emission, _ _ __
53. Works
54. Watchdog's warning
58. Fine pursuits
59. Moonfish
60. Combo dog
61. International oil gr.
62. ≠Ms. Behrs of "2 Broke Girls"
64. "Hee __"
65. Flat-bladed tool
67. Hotshot

Friday's Crossword

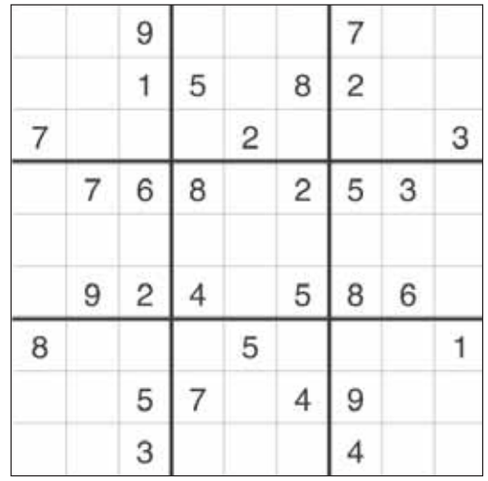


Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

3	1	9	4	8	2	5	6	7
2	4	6	5	3	7	8	9	1
5	7	8	6	1	9	3	4	2
9	6	1	3	2	5	4	7	8
8	2	4	1	7	6	9	3	5
7	3	5	9	4	8	2	1	6
1	5	3	8	6	4	7	2	9
6	8	7	2	9	3	1	5	4
4	9	2	7	5	1	6	8	3

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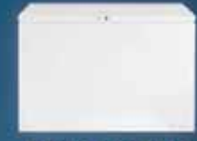

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